



# B.C. Electric

## HOME SERVICE CENTRE

# RECIPES

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Special Coll  
Cookbooks

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In co-operation with

HUDSON'S BAY COMPANY - VANCOUVER

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Oven Dinner - temperature 350 F. - time 1 hour.

### Pork Chops

4 pork chops  $\frac{3}{4}$  inch thick  
 $\frac{1}{3}$  cup chopped onion

$\frac{1}{3}$  cup chili sauce  
1 tbsp. brown sugar

Brown chops in skillet or broiling oven. Place in a baking dish. Mix remaining ingredients and spread as a topping on the chops. Add 2 tablespoons water to the pan. Bake in a 350 F. oven for 1 hour.

### Baked Potatoes.

Scrub sweet or white potatoes well, prick and brush with melted fat. Bake with the chops.

### Broccoli.

Put frozen broccoli in saucepan. Add salt and  $\frac{1}{2}$  cup hot water. Bake with oven dinner allowing 35 mins.

### Tangy Cherry Pudding.

Combine and mix well the following:

1-15 oz can pitted red cherries

$\frac{3}{4}$  cup light brown sugar

$2\frac{1}{4}$  cups water

$\frac{1}{2}$  tsp. salt

1 tsp. lemon juice

dash nutmeg

$1\frac{1}{2}$  tbsp. melted butter

$\frac{1}{3}$  cup quick cooking  
tapioca

Bake in casserole in a 350 deg. oven for 35 mins. Stir once or twice during cooking period. Serve warm with table cream.



### Pumpkin Spice Cake with 7-Minute Icing.

1 package plain cake mix	1/4 tsp. salt
1 tsp. soda	1 tsp. vanilla
1 tsp. cinnamon	3/4 cup water
1/2 tsp. ginger	1 cup canned pumpkin
1/4 tsp. allspice	

Sift the soda, spices and salt with the cake mix. Combine pumpkin, water and vanilla. Mix according to directions for combining cake mix, using the pumpkin and water mixture in place of liquid. Bake in greased and floured 8 inch layer pans in a 375 F. oven for 20 to 25 minutes or in a single pan 10 inches square in a 350 deg. F. oven for 35 minutes.

### 7-Minute Brown Sugar Icing.

In the top part of a double boiler put 1 cup brown sugar, 1/8 tsp. salt and 1 egg white and 3 tbsp. cold water. Stir carefully until mixed, being careful not to splash the sugar crystals around the sides of the saucepan. Beat with an electric beater over boiling water for 7 minutes. Remove from range, add 1 tsp. vanilla and continue beating for 2 or 3 minutes longer. Icing should not stick to a wet finger. Sufficient to fill and ice two 8 inch layers.

### Peach Pie with Graham Cracker Crust.

#### Peach Pie Filling.

2/3 cup evaporated milk	2 tbsp. lemon juice
one #2 1/2 can sliced peaches	2/3 cup icing sugar
1/4 cup melted butter	1/8 tsp. salt

Chill milk in refrigerator tray until ice crystals begin to form on edges. Drain peaches. Reserve 12 pieces for garnish -dice remainder. Mix remaining ingredients until smooth. Whip icy milk in a cold bowl with cold beaters until stiff. Whip in butter-sugar mixture, 1/3 at a time. Fold in diced peaches. Turn into prepared crust. Decorate with peach slices and maraschino cherries if desired. Chill 2 hours or longer before serving. Serves 6.

### Graham Cracker Crust

1 1/2 cups rolled graham wafers	1/3 cup brown sugar
1/3 cup melted butter	

Mix well and shape around an 8 1/2 inch pie plate like an ordinary crust. Chill.



### Chiffon Cake.

1-1/8 cups sifted cake flour  
3/4 cup sugar  
2 tsp. baking powder  
2/3 tsp. salt  
1/4 cups salad oil  
1/3 cup water.

3 egg yolks.  
1 tsp. vanilla  
1/2 tsp. almond extract  
1/4 tsp. cream of tartar  
3 egg whites.

Mix and sift the first 4 ingredients. Make a well in the dry ingredients and add in order, salad oil, water, egg yolks and flavouring. Beat with a spoon until smooth (this requires very little beating). Beat the egg whites and cream of tartar until very stiff. Do not underbeat. Pour the egg yolk mixture gradually over the beaten whites, gently folding with a rubber spatula until well blended. Do not stir. Bake in an ungreased tube pan 8 inches in diameter, in a 325 F. oven 50 to 55 minutes. The cake should spring back when lightly touched with the finger. Suspend cake upside down until cool, then loosen sides of cake with a spatula to remove from pan. Variation - if desired the juice of an orange may be substituted for part of the water and the grated orange rind used in place of the flavouring extracts. Note - This is a good basic cake for special occasions. It may be filled, iced and decorated to cater to an individual taste or to carry out a decorative scheme.

### Pecan Pie.

One unbaked pie shell - use deep pie plate, 8" in diameter, inside measurement.

2 eggs beaten  
1 cup corn syrup  
3/4 cup sugar  
1/8 tsp. salt.

1 tsp. vanilla  
1 1/2 tsp. rum flavoured  
extract (optional)  
2 tbsp. melted butter  
3/4 cup pecans (3 oz.)

Beat egg, gradually beat in sugar, salt, syrup and flavouring. Pour into pie shell. Scatter pecans on top. Bake in a 400 F. oven for 15 minutes, then 350 F. for 30 to 35 minutes longer. Serves 7.

Variation - Other nuts may be used as available.



## Corn Fritters

1 cup cooked whole kernel corn	2 tsp. sugar
5 tbsp. milk	1 tsp. baking powder
1 egg, beaten	$\frac{1}{2}$ tsp. salt
1 tbsp. melted butter	few grains pepper
$\frac{1}{2}$ cup all purpose flour	

Combine corn, milk, egg and melted butter. Sift flour, baking powder, salt, sugar and pepper. Stir in corn mixture. Cook on hot griddle until golden brown, turn and finish cooking on other side. Serve plain or with bacon, ham, or sausages and syrup if desired.  
Yield - 1 dozen fritters.

## Quick Italian Pizza

$1\frac{1}{2}$ cups canned tomato	$\frac{1}{3}$ lb. ground beef
2 hamburger buns, halved	2 tbsp. Parmesan cheese
salt, garlic salt	thyme, oregano
$\frac{1}{8}$ lb. cheese, sliced	

Let tomatoes drain for 30 minutes, turning them occasionally with a spoon. Spread each bun with the well drained tomato. Sprinkle with salt and garlic salt. Place cheese in small strips over tomatoes. Arrange a layer of ground meat over the cheese. Sprinkle with the Parmesan cheese and very lightly with the thyme and oregano. Broil 6 to 8 minutes or until the meat is cooked. Serves 4.

Variations - Substitute for beef, sausage meat or Anchovy.

## Cherry Squares.

18 double graham wafers, crushed	1 small bottle maraschino cherries
30 marshmallows, cut in pieces	1 can sweetened condensed milk

Mix all together and press in a 9" square pan. Sprinkle some extra wafer crumbs on top and press down. Let stand in the refrigerator for 24 hours before cutting. Yield 20 squares.  
Variation - Nuts and dates may be substituted for cherries or a combination of all three used.



### Nippy Krinkles.

4 oz. cream cheese	few drops tabasco sauce
3 tbsp. butter or substitute	1 cup rice crispies or
$\frac{1}{2}$ cup general purpose flour	puffed wheat
$\frac{1}{4}$ tsp. salt	

Whip together cheese and butter. Stir in sifted flour and salt and the tabasco and blend well. Add rice crispies and chill for  $\frac{1}{2}$  hour in the refrigerator. Shape into small balls and place on a cookie sheet. Bake in a 400 F. oven for 10 minutes. Yield - 30 to 36. Serve for afternoon tea or with tomato juice or as an accompaniment to a fruit salad.

### Spicy Accent.

Prepare  $\frac{1}{2}$  package lime jelly according to the directions on the package, using  $\frac{1}{2}$  cup water. Chill until slightly thickened. Add  $\frac{1}{2}$  cup mayonnaise, 3 tbsp. sweet pickle relish, 1 tbsp. grated onion and 2 tbsp. vinegar. Pour into a mould which has been greased with salad oil and chill. Serve with fish fillets, fried oysters or cheese souffle. Serves 6.

### Fish in Cover Batter. (Cooked in Automatic Deep Fat Fryer)

Almost any white fish may be prepared in this way. The recommended varieties are cod, sole, flounder, halibut. 1 pound of filleted fish will make 3 generous servings or 4 small servings.

### Recipe for Cover Batter.

1 cup flour	1 egg, separated
2 tsp. baking powder	1 tbsp. melted shortening
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup lukewarm water.

Sift dry ingredients into a bowl. Break egg yolk in centre. Add water and fat and mix. Fold in the beaten egg white. Dip fish in batter and fry in deep fat at 375 F. for approximately 5 minutes.



## Chocolate Nut Waffle Batter.

1 cup pastry flour	1 egg, separated
$1\frac{1}{2}$ tsp. baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ tsp. salt	2 tbsp. shortening, melted
$\frac{3}{8}$ cup sugar	1 square chocolate, melted
$\frac{1}{4}$ tsp. vanilla	$\frac{1}{4}$ cup nuts.

Beat egg yolks. Add milk, then the sifted dry ingredients and beat till smooth. Add shortening, chocolate, vanilla and nuts. Fold in stiffly beaten egg white. This batter may be baked as a waffle at medium heat for 5 minutes or it may be dropped as small cookies and baked in the waffle iron at medium heat for 2 minutes. Yield - 2 large waffles or  $1\frac{1}{2}$  dozen cookies.

## Helpful Hints - Tested and Approved.

1. Pour left-over coffee while still hot into a thermos. It will have a better flavor than coffee which has been allowed to become cold and is then reheated.
2. Have you tried the new meat tenderizer containing papaya juice? Follow manufacturers' directions and even a flank steak becomes tender enough to broil.
3. A toothpick is a handy tool for de-veining shrimp. Tweezers are useful for removing pin feathers.
4. Two teaspoons of instant coffee shaken in a jar with 1 cup milk and heated to scalding point makes a very pleasant hot milk drink.
5. If you are in a hurry, a meat loaf mixture put into muffin rings will cook more quickly than in the loaf.
6. A sponge is useful in the bathroom for cleaning the tub.
7. For a sticking drawer rub a piece of paraffin wax on the top and bottom edges of the side section of the drawer.



## HOME FREEZER SECTION.

### A Dinner from the Home Freezer.

#### Hamburger Patties

2 pounds minced beef	2 tsp. minced onion
1/2 cup chili sauce	1 tbsp. Worcestershire
1 tbsp. prepared mustard	Sauce
1 tbsp. bottled horseradish	1 1/2 tsp. mono sodium
	glutamate

Combine ingredients and divide into 16 patties. Wrap in freezer foil and freeze immediately. To Cook: Partly defrost patties. Remove wrappings. Cook patties in broiler or on griddle for approximately 12 to 15 minutes.

#### Frozen Corn and Green Bean Casserole

Partially defrost a package of frozen corn and green beans and put in a 1 1/2 quart casserole. Combine and heat; 1/4 cup grated onion, 2 tbsp. butter, few grains pepper, 1 tsp. salt and 1/4 cup top milk; pour over vegetables. Cover Casserole. Bake in a 450 F. oven for 25 minutes. Serves 8.

#### Frozen French Fried Potatoes.

Empty a package of frozen French Fried Potatoes into a shallow pan. Reheat in a 450 F. oven for 15 minutes. Season with salt and pepper and serve.

#### Hot French Bread.

Cut a loaf of French bread in 2" slices, but do not cut through base of loaf. Butter cut surfaces of bread generously. Butter may be flavoured with a clove of garlic if desired. Wrap in freezer foil and freeze. To serve, reheat in wrapping in a 450 F. oven for 15 minutes.

#### Blueberry Crumble.

Empty 2 packages frozen blueberries into a baking dish. Combine 1 cup brown sugar, 1 cup general purpose flour, 1/2 tsp. cinnamon and 1/2 cup butter (scant). Cover fruit with this crumbly mixture. Bake at 450 F. for 25 mins. Serve with table cream or ice cream. Serves 8.



## Home Laundering and Drying Tips

1. A mixed load of one or two large items such as sheets and a number of small pieces such as towels and pillow cases will give more friction between the pieces and hence a better washing action than a load composed entirely of big articles.
2. Too much soap retards rather than increases the cleaning action. Heavy suds act as a buffer preventing good washing action and thorough rinsing.
3. Just as there are mild and strong soaps, there are mild detergents for delicate garments and general purpose detergents for sturdy and more heavily soiled fabrics. In soft water areas both soaps and detergents will do an effective job. In hard water areas a detergent is recommended. The hotter the wash water the whiter cottons and linens will be.
4. Pretreatment and a short soaking period are recommended for heavily soiled garments.
5. A too long washing period tends to drive the soil back into the clothes again.
6. Thorough rinsing is important. If any residue of soap, detergent or bleach remains in the clothing, it will turn brown on the application of heat.
7. Artificial fabrics such as nylon, orlon, dacron and the acetates should be dried with the temperature control set at warm. It is important to follow the manufacturers' directions. In most cases the drying period will be very brief. Put fragile articles such as sheer stockings and neckware in a muslin bag before putting them in the dryer.
8. Over drying causes unnecessary wrinkles in clothing. For best results, remove clothing while it is still slightly damp and smooth into shape on the warm top surface of the dryer.
9. It is difficult to judge accurately the degree of dampness of clothing when the article is felt in the warm, humid atmosphere of the dryer. To test, pull a corner of the garment out of the dryer.
10. The lint trap on washer and dryer should be checked and cleaned regularly.